



2,800 Calorie Plan (Protein) 5 meals/day

DAY 1

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	whole eggs, scrambled	2 large	182 cal
	whole grain rolled oats, dry	1 Cup(s)	299 cal
	raisins, seedless	1/4 cup	123 cal
	egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 707 cal / **Carbs** 91 g (53%) / **Protein** 35 g (20%) / **Fat** 20 g (27%) / **Fluid** 25

NOTES:

Snack 10:00 AM	smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
	apples	1 large	110 cal
	drinking water	2 Cup(s)	0 cal
	cottage cheese, non-fat	1 1/2 Cup(s)	157 cal

MEAL TOTAL: **Calories** 408 cal / **Carbs** 48 g (45%) / **Protein** 29 g (27%) / **Fat** 13 g (28%) / **Fluid** 28

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	whole wheat tortillas	2 1/2 tortilla	318 cal
	turkey breast, roasted	8 oz	308 cal
	romaine lettuce	2 leaf	2 cal
	hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 707 cal / **Carbs** 54 g (30%) / **Protein** 81 g (46%) / **Fat** 19 g (24%) / **Fluid** 24

NOTES:

Snack 3:00 PM	bananas	1 extra large	135 cal
	drinking water	1 Cup(s)	0 cal
	trulean whey isolate protein frosted vanilla cake	1 1/4 Scoop	125 cal
	almond milk (unsweetened)	1 1/2 cup(s)	53 cal

MEAL TOTAL: **Calories** 313 cal / **Carbs** 37 g (46%) / **Protein** 33 g (40%) / **Fat** 5 g (14%) / **Fluid** 12

NOTES:



Eating right, simplified.

Dinner
6:00 PM

cauliflower, no salt, boiled	1 Cup(s)	29 cal
yellowfin tuna fish, cooked	6 oz	221 cal
wild rice, cooked	1/2 Cup(s)	83 cal
lentil beans, no salt, boiled	1 Cup(s)	230 cal
extra virgin olive oil	1 Tbsp	120 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: Calories 682 cal / **Carbs** 62 g (36%) / **Protein** 73 g (42%) / **Fat** 17 g (22%) / **Fluid** 31

NOTES:

DAY 1 TOTAL: Calories 2,817 cal / **Carbs** 294 g (42%) / **Protein** 251 g (35%) / **Fat** 74 g (23%) / **Fluid** 119



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole eggs, scrambled	1 large	91 cal
egg whites, cooked	4 large	69 cal
bread, high-protein	2 slices	304 cal
natural peanut butter	2 tablespoons	190 cal
spinach	2 Cup(s)	14 cal

MEAL TOTAL: **Calories** 668 cal / **Carbs** 46 g (27%) / **Protein** 59 g (35%) / **Fat** 29 g (38%) / **Fluid** 15

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cashews	1 1/2 oz	235 cal
oranges	2 fruit	137 cal
cottage cheese, non-fat	3/4 Cup(s)	78 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 55 g (46%) / **Protein** 22 g (18%) / **Fat** 19 g (36%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	1 Tbsp	49 cal
iced tea, green	16 fl. oz.	0 cal
tomatoes	1/4 Cup(s)	8 cal
avocados	1/3 avocado	107 cal
chicken, boneless, roasted	6 oz	284 cal
whole-wheat pita bread	2 large	340 cal

MEAL TOTAL: **Calories** 789 cal / **Carbs** 79 g (39%) / **Protein** 57 g (28%) / **Fat** 29 g (33%) / **Fluid** 24

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
cantaloupe melon	1/2 cup	27 cal
plain greek yogurt, nonfat	4 oz	67 cal
chocolate chip granola meal bar, high protein	1 bar	190 cal

MEAL TOTAL: **Calories** 283 cal / **Carbs** 30 g (42%) / **Protein** 27 g (38%) / **Fat** 7 g (20%) / **Fluid** 22

NOTES:



Eating right, simplified.

Dinner

6:00 PM

green snap beans, no salt, boiled	1 Cup(s)	44 cal
yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
drinking water	2 Cup(s)	0 cal
beef t-bone, broiled	6 oz	321 cal

MEAL TOTAL: Calories 602 cal / **Carbs** 66 g (44%) / **Protein** 50 g (33%) / **Fat** 15 g (23%) / **Fluid** 28

NOTES:

DAY 2 TOTAL: Calories 2,792 cal / **Carbs** 277 g (39%) / **Protein** 214 g (30%) / **Fat** 100 g (31%) / **Fluid** 117

**DAY 3**

Breakfast 7:00 AM	smooth peanut butter, no salt	2 Tbsp	188 cal
	whole wheat mini bagel	2 bagel	200 cal
	cottage cheese, non-fat	1 Cup(s)	104 cal
	hard boiled eggs	2 serving	142 cal
	oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 703 cal / **Carbs** 75 g (42%) / **Protein** 44 g (24%) / **Fat** 28 g (34%) / **Fluid** 8

NOTES:

Snack 10:00 AM	bananas	1 extra large	135 cal
	drinking water	2 Cup(s)	0 cal
	nut and raisin granola bars	1 bar	127 cal
	trulean whey isolate protein frosted vanilla cake	1 1/2 Scoop	150 cal
	almond milk (unsweetened)	2 cup(s)	70 cal

MEAL TOTAL: **Calories** 482 cal / **Carbs** 56 g (45%) / **Protein** 42 g (33%) / **Fat** 12 g (22%) / **Fluid** 20

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	tuna fish, very low-sodium, in water	8 oz	224 cal
	romaine lettuce	2 leaf	2 cal
	olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal
	whole wheat tortillas	2 1/2 tortilla	318 cal

MEAL TOTAL: **Calories** 617 cal / **Carbs** 49 g (31%) / **Protein** 61 g (39%) / **Fat** 21 g (30%) / **Fluid** 17

NOTES:

Snack 3:00 PM	drinking water	2 Cup(s)	0 cal
	celery	5 medium stalk	32 cal
	hummus, lower sodium	4 Tbsp	105 cal
	wheat thin crackers	5 crackers	40 cal
	turkey jerky	2 oz	142 cal

MEAL TOTAL: **Calories** 318 cal / **Carbs** 38 g (44%) / **Protein** 25 g (30%) / **Fat** 10 g (26%) / **Fluid** 24

NOTES:



Eating right, simplified.

Dinner

6:00 PM

marinara spaghetti sauce, ready to serve	1/2 Cup(s)	61 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal
drinking water	2 Cup(s)	0 cal
italian spiced pork chops	3 serving	299 cal
rice penne pasta, low-carb	2 1/2 oz	261 cal

MEAL TOTAL: **Calories** 665 cal / **Carbs** 81 g (49%) / **Protein** 63 g (39%) / **Fat** 9 g (12%) / **Fluid** 30

NOTES:

DAY 3 TOTAL: **Calories** 2,786 cal / **Carbs** 299 g (42%) / **Protein** 236 g (33%) / **Fat** 79 g (25%) / **Fluid** 99

**DAY 4**

Breakfast 7:00 AM	bananas	1 extra large	135 cal
	whole grain rolled oats, dry	1 Cup(s)	299 cal
	whole eggs, scrambled	2 large	182 cal
	drinking water	2 Cup(s)	0 cal
	bread, high-protein	1 slices	152 cal

MEAL TOTAL: **Calories** 768 cal / **Carbs** 109 g (58%) / **Protein** 29 g (15%) / **Fat** 23 g (27%) / **Fluid** 23

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	oranges	1 fruit	69 cal
	peanuts, no salt, dry-roasted	1 1/2 oz	249 cal
	turkey jerky	2 oz	142 cal

MEAL TOTAL: **Calories** 459 cal / **Carbs** 43 g (34%) / **Protein** 30 g (24%) / **Fat** 23 g (42%) / **Fluid** 20

NOTES:

Lunch 12:00 PM	italian spiced pork chops	3 serving	299 cal
	extra virgin olive oil	1 Tbsp	120 cal
	balsamic vinegar	2 Tbsp	28 cal
	tomatoes	1/2 Cup(s)	16 cal
	romaine lettuce	2 Cup(s)	16 cal
	whole wheat dinner rolls	2 roll	149 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 628 cal / **Carbs** 45 g (29%) / **Protein** 61 g (38%) / **Fat** 23 g (33%) / **Fluid** 30

NOTES:

Snack 3:00 PM	nut and raisin granola bars	1 bar	127 cal
	apples	1 large	110 cal
	almonds, raw	20 Whole nuts	148 cal

MEAL TOTAL: **Calories** 385 cal / **Carbs** 51 g (51%) / **Protein** 9 g (9%) / **Fat** 18 g (40%) / **Fluid** 6

NOTES:



Eating right, simplified.

Dinner
6:00 PM

wild rice, cooked	3/4 Cup(s)	124 cal
asparagus, boiled	6 spears	20 cal
beef t-bone, broiled	8 oz	429 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: Calories 573 cal / **Carbs** 30 g (21%) / **Protein** 66 g (47%) / **Fat** 20 g (32%) / **Fluid** 27

NOTES:

DAY 4 TOTAL: Calories 2,814 cal / **Carbs** 278 g (39%) / **Protein** 194 g (27%) / **Fat** 108 g (34%) / **Fluid** 106

**DAY 5**

Breakfast 7:00 AM	multi-grain cheerios cereal	2 Cup(s)	240 cal
	drinking water	1 Cup(s)	0 cal
	egg whites, cooked	6 large	103 cal
	trulean whey isolate protein frosted vanilla cake	1 1/4 Scoop	125 cal
	almond milk (unsweetened)	2 cup(s)	70 cal

MEAL TOTAL: **Calories** 538 cal / **Carbs** 55 g (42%) / **Protein** 58 g (44%) / **Fat** 8 g (14%) / **Fluid** 14

NOTES:

Snack 10:00 AM	smooth peanut butter, no salt	2 Tbsp	188 cal
	drinking water	2 Cup(s)	0 cal
	apples	1 large	110 cal
	cottage cheese, non-fat	1 1/2 Cup(s)	157 cal

MEAL TOTAL: **Calories** 455 cal / **Carbs** 50 g (42%) / **Protein** 31 g (26%) / **Fat** 17 g (32%) / **Fluid** 28

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	whole-wheat pita bread	1 large	170 cal
	turkey breast, roasted	8 oz	308 cal
	tomatoes	1/4 Cup(s)	8 cal
	avocados	1/2 avocado	161 cal
	hummus, lower sodium	4 Tbsp	105 cal

MEAL TOTAL: **Calories** 752 cal / **Carbs** 55 g (28%) / **Protein** 81 g (41%) / **Fat** 27 g (31%) / **Fluid** 27

NOTES:

Snack 3:00 PM	drinking water	2 Cup(s)	0 cal
	raspberries	2 Cup(s)	128 cal
	plain greek yogurt, nonfat	8 oz	134 cal
	cashews	1 oz	157 cal

MEAL TOTAL: **Calories** 419 cal / **Carbs** 46 g (42%) / **Protein** 31 g (28%) / **Fat** 15 g (30%) / **Fluid** 30

NOTES:



Eating right, simplified.

Dinner

6:00 PM

mediterranean chicken	2 serving	372 cal
wild rice, cooked	1 1/2 Cup(s)	248 cal
cauliflower, no salt, boiled	1 1/2 Cup(s)	43 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: Calories 663 cal / **Carbs** 62 g (36%) / **Protein** 59 g (35%) / **Fat** 22 g (29%) / **Fluid** 35

NOTES:

DAY 5 TOTAL: Calories 2,826 cal / **Carbs** 268 g (36%) / **Protein** 260 g (36%) / **Fat** 89 g (28%) / **Fluid** 133

**DAY 6****Breakfast**

7:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
whole wheat mini bagel	2 bagel	200 cal
drinking water	1 Cup(s)	0 cal
egg whites, cooked	6 large	103 cal
spinach	2 Cup(s)	14 cal
string cheese, low-fat	1 piece	80 cal

MEAL TOTAL: **Calories** 585 cal / **Carbs** 51 g (34%) / **Protein** 47 g (31%) / **Fat** 24 g (35%) / **Fluid** 16

NOTES:

Snack

10:00 AM

raisins, seedless	1/4 cup	123 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, non-fat	1 1/2 Cup(s)	157 cal
chocolate chip granola meal bar, high protein	1 bar	190 cal

MEAL TOTAL: **Calories** 470 cal / **Carbs** 67 g (55%) / **Protein** 39 g (32%) / **Fat** 7 g (13%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	1 large	170 cal
green snap beans, no salt, boiled	2 Cup(s)	88 cal
drinking water	2 Cup(s)	0 cal
mediterranean chicken	2 serving	372 cal

MEAL TOTAL: **Calories** 629 cal / **Carbs** 57 g (34%) / **Protein** 57 g (35%) / **Fat** 23 g (31%) / **Fluid** 31

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
nut and raisin granola bars	1 bar	127 cal
trulean whey isolate protein frosted vanilla cake	1 1/2 Scoop	150 cal
almond milk (unsweetened)	1 1/2 cup(s)	53 cal

MEAL TOTAL: **Calories** 440 cal / **Carbs** 50 g (44%) / **Protein** 40 g (35%) / **Fat** 11 g (21%) / **Fluid** 22

NOTES:



Eating right, simplified.

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
salmon, cooked	8 oz	347 cal
marinara spaghetti sauce, ready to serve	1/2 Cup(s)	61 cal
asparagus, boiled	10 spears	33 cal
rice penne pasta, low-carb	2 oz	209 cal

MEAL TOTAL: Calories 650 cal / **Carbs** 61 g (38%) / **Protein** 65 g (41%) / **Fat** 15 g (21%) / **Fluid** 30

NOTES:

DAY 6 TOTAL: Calories 2,774 cal / **Carbs** 286 g (40%) / **Protein** 249 g (35%) / **Fat** 78 g (25%) / **Fluid** 121



DAY 7

Breakfast 7:00 AM	whole wheat mini bagel	2 bagel	200 cal
	whole eggs, scrambled	2 large	182 cal
	drinking water	1 Cup(s)	0 cal
	egg whites, cooked	6 large	103 cal
	almonds, raw	20 Whole nuts	148 cal

MEAL TOTAL: **Calories** 633 cal / **Carbs** 47 g (31%) / **Protein** 48 g (31%) / **Fat** 27 g (38%) / **Fluid** 17

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	celery	5 medium stalk	32 cal
	smooth peanut butter, no salt	2 1/2 Tbsp	235 cal
	wheat thin crackers	15 crackers	120 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 35 g (34%) / **Protein** 13 g (13%) / **Fat** 24 g (53%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	whole wheat tortillas	2 tortilla	254 cal
	sliced ham, extra lean, low-sodium	5 oz	186 cal
	olive oil, mayonnaise, light	1 tsp	16 cal
	romaine lettuce	2 leaf	2 cal
	tomatoes	1/4 Cup(s)	8 cal
	iced tea, green	16 fl. oz.	0 cal
	turkey breast, roasted	6 oz	231 cal

MEAL TOTAL: **Calories** 698 cal / **Carbs** 41 g (25%) / **Protein** 83 g (50%) / **Fat** 18 g (25%) / **Fluid** 26

NOTES:

Snack 3:00 PM	drinking water	2 Cup(s)	0 cal
	cantaloupe melon	2 cup	106 cal
	plain greek yogurt, nonfat	8 oz	134 cal
	trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal

MEAL TOTAL: **Calories** 340 cal / **Carbs** 35 g (39%) / **Protein** 50 g (57%) / **Fat** 1 g (4%) / **Fluid** 32

NOTES:



Eating right, simplified.

Dinner
6:00 PM

drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	6 oz	284 cal
yams, no salt, boiled or baked	2 Cup(s)	316 cal
green snap beans, no salt, boiled	2 Cup(s)	88 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: Calories 747 cal / **Carbs** 94 g (50%) / **Protein** 51 g (27%) / **Fat** 19 g (23%) / **Fluid** 34

NOTES:

DAY 7 TOTAL: Calories 2,805 cal / **Carbs** 253 g (36%) / **Protein** 245 g (35%) / **Fat** 90 g (29%) / **Fluid** 132



2 Servings

italian spiced pork chops

Ingredients

sage, ground
1/4 tsp

onions
1/4 cup

pork tenderloin
6 oz

black pepper
2 dash

paprika
1/4 tsp

Nutrition Totals

Calories 199 / Carbs 3 g / Protein 36 g / Fat 4 g / Fluid 4 fl oz

Instructions

1. Preheat oven to 425 degrees F.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.

Nutrition Label

Italian Spiced Pork Chops	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1.9g	3%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 55.2mg	18%
Sodium 45.8mg	2%
Total Carbohydrates 1.6g	1%
Dietary Fiber 0.3g	2%
Total Sugar 0.6g	
Protein 18g	
Vitamin D 6.8IU	1%
Calcium 10mg	1%
Iron 0.9mg	5%
Potassium 368.5mg	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



4 Servings

mediterranean chicken

Ingredients

chicken breast, boneless skinless
16 oz

olive oil
2 Tbsp

lemon juice
1 1/2 fl. oz.

garlic
1 clove

Nutrition Totals

Calories 743 / Carbs 4 g / Protein 93 g / Fat 41 g / Fluid 13 fl oz

Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.



Nutrition Label

Mediterranean Chicken	
Amount Per Serving	
Calories	186
% Daily Value*	
Total Fat 10.1g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 72.5mg	24%
Sodium 196.5mg	8%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Total Sugar 0.2g	
Protein 23.1g	
Vitamin D 2.2IU	0%
Calcium 7.7mg	1%
Iron 0.4mg	2%
Potassium 391.3mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Shopping List

Accompaniments

marinara spaghetti sauce, ready to serve

1 Cup(s)

olive oil, mayonnaise, light

2.5 Tbsp

1 tsp

Beef

beef t-bone, broiled

14 oz

Beverages

almond milk (unsweetened)

7 cup(s)

drinking water

57 Cup(s)

iced tea, green

32 fl. oz.

Bread

bread, high-protein

3 slices

whole-wheat pita bread

4 large

whole wheat dinner rolls

2 roll

whole wheat mini bagel

6 bagel

whole wheat tortillas

7 tortilla

Cereal & Grain Products

multi-grain cheerios cereal

2 Cup(s)

rice penne pasta, low-carb

4.5 oz

whole grain rolled oats, dry

2 Cup(s)

wild rice, cooked

2.75 Cup(s)



Cookies & Crackers

wheat thin crackers
20 crackers

Dairy & Egg

cottage cheese, non-fat
6.25 Cup(s)
egg whites, cooked
28 large
plain greek yogurt, nonfat
20 oz
string cheese, low-fat
1 piece
whole eggs, scrambled
7 large

Fats & Oils

extra virgin olive oil
2.5 Tbsp
olive oil
2 Tbsp

Finfish & Shellfish

salmon, cooked
8 oz
tuna fish, very low-sodium, in water
8 oz
yellowfin tuna fish, cooked
6 oz

Fruits & Juices

apples
4 large
avocados
0.83 avocado
bananas
3 extra large
cantaloupe melon
2.5 cup
lemon juice
1.5 fl. oz.



oranges
4 fruit
raisins, seedless
0.5 cup
raspberries
2 Cup(s)

Ingredients

balsamic vinegar
2 Tbsp

Legumes & Beans

green snap beans, no salt, boiled
6 Cup(s)
hummus, lower sodium
11 Tbsp
lentil beans, no salt, boiled
1 Cup(s)

Nuts & Seeds

cashews
2.5 oz
natural peanut butter
2 tablespoons
peanuts, no salt, dry-roasted
1.5 oz
smooth peanut butter, no salt
10 Tbsp

Pork

pork tenderloin
18 oz

Poultry

chicken, boneless, roasted
12 oz
chicken breast, boneless skinless
16 oz
turkey breast, roasted
22 oz



Sausages & Meats

sliced ham, extra lean, low-sodium
5 oz

Snacks

nut and raisin granola bars
3 bar
turkey jerky
4 oz

Spices & Herbs

black pepper
6 dash
paprika
0.76 tsp
sage, ground
0.76 tsp

Sports & Diet Nutritionals

chocolate chip granola meal bar, high protein
2 bar
trulean whey isolate protein frosted vanilla cake
6.5 Scoop

Uncategorized

almonds, raw
40 Whole nuts
hard boiled eggs
2 serving

Vegetables

asparagus, boiled
16 spears
cauliflower, no salt, boiled
2.5 Cup(s)
celery
10 medium stalk
garlic
1 clove
onions
0.76 cup



Eating right, simplified.

romaine lettuce

6 leaf

2 Cup(s)

spinach

4 Cup(s)

tomatoes

1.25 Cup(s)

yams, no salt, boiled or baked

3.5 Cup(s)